

## **SWIMMING LESSONS AT EAST WINDSOR PARK**

Swimming lessons for children will be held at the East Windsor Park, Reservoir Ave., Broad Brook, beginning June 26<sup>th</sup>. The lessons will be for all levels from pre-beginners to the advanced swimmer. Student must attain the age of 5 by December 31, 2006. Registration will be held at the East Windsor Park Gate House. The Gate House is open on weekends only from 10:00 a.m. to 5:00 p.m. until June 18<sup>th</sup>. The East Windsor Park will open daily for the season beginning June 24<sup>th</sup> during the hours of 9:00 a.m. to 7:00 p.m. For questions, please call the East Windsor Park Gate House at 623-8375.

### **MORNING SESSIONS**

	<b><u>DATES</u></b>	<b><u>TIMES</u></b>	<b><u>INSTRUCTION LEVEL</u></b>
Session 1:	June 28 - 30	8:45-9:25	Level 5 (swimmer)
	July 5 - 7	9:30-9:55	Level 4 (intermediate)
	10 - 14	10:00-10:25	Level 3 (advanced beginner)
		10:30-10:55	Level 2 (beginner)
Session 2:	July 31 – Aug. 4	11:00-11:25	Level 1 (pre-beginner)
	Aug. 7 – 11	11:30-11:55	Level 2 (beginner)
		12:00-12:45	Levels 6 & 7 (advanced)

### **EVENING SESSIONS**

The session will run from June 26<sup>th</sup> to August 3<sup>rd</sup> with the week of July 3<sup>rd</sup> off. Classes will meet twice a week at the East Windsor Park as follows:

Level 1 (pre-beginner)	Monday and Tuesday	5:30 pm – 5:55 pm
Level 2 (beginner)	Monday and Tuesday	6:00 pm – 6:25 pm
Level 3 (advanced beg.)	Wednesday and Thursday	5:30 pm – 5:55 pm
Level 4 (intermediate)	Wednesday and Thursday	6:00 pm – 6:25 pm

### **FEES**

\$15.00 per child with a Season Pass  
 \$25.00 without a Season Pass  
 \$15.00 with Summer Camp participation  
 \$45.00 for four or more children in the same  
 session with a Season Pass

## **COURSE DESCRIPTIONS**

- Level 1 – Introduces water adjustment, breathing techniques and body position through creative play.
- Level 2 - Teaches water adjustment, floating and breathing techniques.
- Level 3 - Teaches rhythmic breathing, front crawl, backstroke and deep-water skills.
- Level 4 - Learn improvements on front crawl and backstroke. Teaches and improves endurance and safety skills.
- Level 5 - Learn sidestroke and breaststroke, and improve on front crawl, backstroke and safety skills.
- Level 6 - Students develop considerable endurance in various strokes.
- Level 7 - Students perfect strokes and develop good fitness habits.